



Raspberry Cheesecake Bars By Mommie Cooks

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



577 kcal

DESSERT

Ingredients

- 1 teaspoon almond extract
- 0.3 cup brown sugar
- 0.3 cup brown sugar
- 2 sticks butter
- 2 tablespoons cornstarch
- 8 ounce cream cheese
- 1 eggs

- 5.5 cups flour
- 1 cup heavy whipping cream
- 1 lemon zest
- 2 cups raspberries frozen
- 0.3 teaspoon salt
- 14 ounces condensed milk sweetened
- 1 teaspoon vanilla
- 1 cup water
- 0.3 cup granulated sugar white
- 1 cup granulated sugar white

Equipment

- oven
- pot
- tart form

Directions

- For the Shortbread: Cream together the butter with the two sugars.
- Add in the lemon zest, egg, and vanilla.
- Add in the salt and flour.
- Place dough in the fridge for about 30 minutes to firm up. After chilled, form into tart pan and bake at 350 for 20 minutes or until cooked through and golden brown around edges.
- Let cool completely. For the Cream Cheese
- Combine 1 cup of the water, the raspberries and the sugar into a small pot and set to medium high heat.
- Mix together the remaining 2 Tbsp of cold water with the corn starch. When the raspberry mixture begins to boil, add in the cornstarch slurry and let boil for a minute or so until thickened.
- Pour cream cheese mixture over cookie crust and let set in fridge for at least an hour.
- Serve with raspberry sauce spooned over the top.

Nutrition Facts

PROTEIN 6.12% FAT 40.68% CARBS 53.2%

Properties

Glycemic Index:25.28, Glycemic Load:46.17, Inflammation Score:-7, Nutrition Score:11.621304347826%

Flavonoids

Cyanidin: 7.32mg, Cyanidin: 7.32mg, Cyanidin: 7.32mg, Cyanidin: 7.32mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Taste

Sweetness: 100%, Saltiness: 14.84%, Sourness: 20.31%, Bitterness: 10.52%, Savoriness: 3.19%, Fattiness: 54.38%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 577kcal (28.85%), Fat: 26.34g (40.52%), Saturated Fat: 16.07g (100.42%), Carbohydrates: 77.49g (25.83%), Net Carbohydrates: 75.16g (27.33%), Sugar: 40.11g (44.56%), Cholesterol: 85.5mg (28.5%), Sodium: 229.42mg (9.97%), Alcohol: 0.18g (1.02%), Protein: 8.92g (17.83%), Selenium: 22.53µg (32.19%), Vitamin B1: 0.4mg (26.51%), Vitamin B2: 0.43mg (25.28%), Folate: 94.1µg (23.52%), Manganese: 0.43mg (21.56%), Vitamin A: 904.78IU (18.1%), Phosphorus: 156.4mg (15.64%), Vitamin B3: 2.9mg (14.51%), Iron: 2.44mg (13.58%), Calcium: 123.78mg (12.38%), Fiber: 2.33g (9.32%), Vitamin C: 5.49mg (6.66%), Vitamin B5: 0.65mg (6.51%), Potassium: 225.62mg (6.45%), Magnesium: 24.58mg (6.15%), Vitamin E: 0.87mg (5.78%), Zinc: 0.81mg (5.4%), Copper: 0.1mg (4.97%), Vitamin B12: 0.23µg (3.78%), Vitamin B6: 0.07mg (3.29%), Vitamin K: 3.43µg (3.27%), Vitamin D: 0.37µg (2.44%)